



# Mediumship Matters Podcast Transcripts

## Season 6 Episode 10 - Are My Addiction Issues Stopping My Spirit Connection?

Healing, Forgiveness & Spirit's Unconditional Love

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode comes from a question someone sent me on social media.

They asked:

"My guilt over past addiction issues is blocking my connection to spirit. What can I do?"

First, I need you to hear this loud and clear:

The spirit world I know, the spirit world I love, does not judge.

Not your past, not your mistakes, not your struggles. Not your moments of sadness, anger, or regret.

Spirit has loved you through it all, even when you couldn't love yourself.

Let's talk about it.

Spirit's Love is Unconditional—Why Can't Yours Be?

I used to think that working with spirit would turn me into someone "good enough" to work with them. But do you know what they actually wanted? Me. Just as I was.

- Even when I made bad choices.
- Even when I was angry and lost.
- Even when I was a complete dickhead (which, let's be real, still happens!).

Spirit never once judged me. Never once withheld their love.

And if they don't judge you, why are you still punishing yourself?

The Wall Between You & Spirit Is Self-Made

If you feel disconnected from spirit, I promise you they haven't gone anywhere.

- It's not that spirit has abandoned you.
- It's not that you're "not good enough."
- It's not that you're "too broken" to connect.

The wall you feel is your own self-judgment.

Spirit isn't blocking you. You are.

The Real Reason Mediumship Feels Hard

Mediumship is 90% self-development, 10% spirit.

If you can't sit with yourself for five minutes without self-judgment, how will you sit in stillness and listen to spirit?

I once had a student who desperately wanted to learn to meditate. Spirit kept saying:

"Forget about meditation. Learn to sit with yourself first."

- For years, they couldn't do it. They couldn't just be with themselves without reaching for distractions.

# Mediumship Matters Podcast Transcripts

But that's the work. Not escaping yourself—but learning to sit with yourself fully.

## Healing Starts With Sitting Still

So, here's your first step:

☕ Make a cup of tea. 🪑 Sit with it. 📵 No phone. No TV. No distractions.

Just you, yourself, and a warm drink.

And listen.

- What does your soul say?
- Is it still angry with your human self?
- Or is it just waiting for you to finally forgive yourself?

Healing isn't about pretending the past didn't happen. It's about:

- Sitting with it.
- Learning from it.
- Integrating it without punishment.

Your past isn't something to hide from spirit. It's part of your journey.

## You Are Always in Alignment

I've been talking a lot lately about this idea that we are never truly out of alignment.

Yes, you've made choices that you regret. Yes, you've done things that feel "wrong."

But those choices led you here.

That version of you—the one who made those choices—is gone.

You have grown, shifted, changed.

So, why are you still holding yourself in that past energy?

Healing is about learning, not punishing.

## Why Spirit Doesn't Cut You Off (Even When You Think They Should)

I've had dark moments.

There were times when I didn't want to be on this planet anymore.

And do you know what spirit did?

They didn't judge me. They didn't abandon me. They didn't say, "Well, you nearly wasted your life, so we're done with you."

All they ever said was:

"We wish you could love yourself like we love you."

## The People You Judge Still Work With Spirit—So Why Not You?

Let's be real—there are some right dickheads working as mediums.

- People who only care about money.
- People who use spirit to manipulate others.
- People whose energy you just don't vibe with.

And yet—spirit still works with them.

So if spirit can work with them, what's stopping you from believing they can work with you?

Your doubt. Your guilt. Your own self-judgment.

Spirit is already there, waiting. The question is—will you let them in?

# Mediumship Matters Podcast Transcripts

## Your Next Steps

**1** Find stillness. Sit with yourself. No distractions. Just be. **2** Recognise that spirit has never left. It's your doubt that's blocking them. **3** Forgive yourself. Truly, fully. Like spirit already has. **4** Stop punishing yourself with the past. Use it as growth, not a cage. **5** Trust that you are always in alignment.

I promise you—spirit is already there.

They are cheering you on. They are loving you unconditionally.

All you have to do is allow it.

Let me know how this lands for you. And if you take nothing else from this, please remember:

You are already enough.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Healing through mediumship, self-forgiveness, spirit's unconditional love, connecting with spirit, overcoming guilt in spirituality, mediumship self-development, spiritual healing, how to reconnect with spirit, self-love and spirituality, spiritual growth after addiction.